

I claim:

1. An exercise machine for conditioning athletes, comprising:

a frame having a generally rectangular base portion for supporting the frame on a flat surface and having forward and rearward ends, an inclined platform at the rearward end of the base portion upon which a user may stand, a pair of parallel laterally spaced vertical members near the forward end of said base portion, and a pair of laterally spaced upright members on the base portion between the foot platform and the vertical members;

a weight arm pivotally mounted at one end to said upright members on a horizontal axis and extending forwardly therefrom and having weight receiving means at its outer end for receiving a selected number of weights to be lifted;

an elongate lift arm pivotally mounted at one end to said vertical members on a horizontal axis and extending angularly upward and outward therefrom toward said platform, laterally spaced shoulder pads on an outer end portion thereof, and laterally spaced hand grip means on said outer end portion adjacent to said shoulder pads, said outer end portion being positionable at selective distances above said platform;

a horizontal shaft rotatably mounted at an upper end of said vertical members and extending outwardly to each side thereof, an upper central sprocket secured at the center of said shaft and a pair of second sprockets secured one on each outer end of said shaft;

a lower central sprocket rotatably mounted on said frame adjacent to a lower end of said laterally spaced upright members;

a first chain secured at a first end on said upper central sprocket and wrapped around a segment thereof and a segment of said lower central sprocket and secured at a second end to said lift arm;

a pair of second chains each secured at a first end to a respective one of said second sprockets and wrapped around a segment thereof and secured at a second end to said weight arm;

said first chain and said second chains being wrapped in opposite directions around said upper central sprocket and said second sprockets, respectively; and

said lift arm when pivoted upward by an upward force on its said outer end portion pulls said first chain to cause rotation of said upper central sprocket and said horizontal shaft and said second sprockets at its outer ends to simultaneously cause said second chains to pull upward on said weight arm to pivot it upward with the weights at the outer ends thereof resisting the upward force applied to said outer end portion of said lift arm.

2. The exercise machine according to claim 1, further comprising:

positioning means on said frame for selectively positioning said lift arm outer end portion at selective distances above said platform; whereby

the user may assume a crouched position on said platform and grip said hand grip means and apply an upward force on said lift arm by quickly rolling his or her hips forward and bringing the upper body upward against the resistive weight load and finishing the movement with a full extension of the arms; or

the user may assume a crouched position on said platform and engage their shoulders on said shoulder pads and grip said hand grip means and apply an upward force on said lift arm by quickly rolling his or her hips forward and bringing the upper body upward against the resistive weight load and finishing the movement with a full extension of the body.

3. The exercise machine according to claim 1, wherein

said hand grip means comprises a first pair of laterally disposed hand grips adjacent to a first end of said shoulder pads, and a second pair of laterally disposed hand grips adjacent to a second end of said shoulder pads to provide two different positions.

4. The exercise machine according to claim 1, wherein

said frame base portion comprises a pair of elongate parallel spaced tubular base members with longitudinally spaced cross members secured transversely therebetween, said tubular base members having an angular upwardly inclined end portion, and said platform is a flat plate secured to the top of said upwardly inclined end portion of said base members to extend transversely therebetween;

said vertical members comprise a pair of parallel spaced vertical tubular members secured at their bottom ends to a said cross member near the end opposite said foot platform and positioned laterally inward relative to said base members and joined at their upper ends by a horizontal cross member secured transversely therebetween;

said upright members are secured at their bottom ends one to each said base member in laterally opposed relation to extend upwardly therefrom and joined at their upper ends by a horizontal cross member secured transversely therebetween; and

said weight arm comprises a pair of parallel elongate tubular weight arms each pivotally mounted at one end to the upper end of a respective one of said upright members and extending outwardly therefrom laterally spaced at each side of said vertical members and joined at their outer ends by a cross member secured transversely therebetween.

5. The exercise machine according to claim 4, wherein

said lower central sprocket is rotatably mounted on a said longitudinally spaced cross members secured transversely between said tubular base members adjacent to a lower end of said laterally spaced upright members.

6. The exercise machine according to claim 4, wherein

said upright members comprise a pair of inverted V-shaped tubular members secured at their bottom ends one to each base member to converge upwardly therefrom.

7. The exercise machine according to claim 4, wherein

said lift arm pivot arm comprises a pair of parallel elongate tubular lift arms each pivotally mounted near a lower end of a respective one of said vertical members and joined together by a cross member secured transversely therebetween.